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>> Saying farewell to 8 Wing Supply's JJ

Popular public servant was always willing to share knowledge and expertise

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Living the dream ...

Capt. Sophie Polwin flies Canadian Forces Airbus C-150 aircraft

Will soon be part of the first all-female crew to fly a milestone 437 Squadron flight

By Ross Lees

Flying runs in Capt. Sophie Polwin's family. James Furnivall, the father of the 31-year-old 437 Transport Squadron Airbus C-150 Polaris pilot, was a former military tactical helicopter pilot, effectively blazing the trail for his daughter as a military pilot.

March 17-19, Capt. Polwin is going to deviate from that well-marked trail and begin blazing her own path. During that time, Capt. Polwin and Capt. Dana Sponder will lead an all-female air crew on a CC-150 Polaris flight to British Columbia, a milestone for 437 (Transport) Squadron.

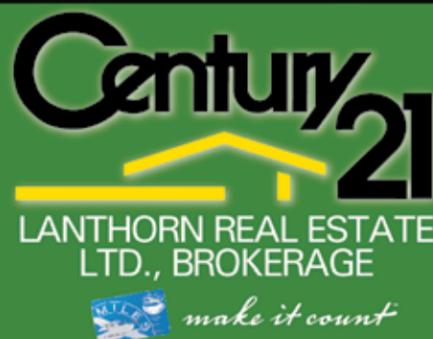
"It's going to be an exciting time," the talented Canadian Armed Forces pilot told *The Contact* with a smile and obvious pride.

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437 Squadron pilot Capt. Sophie Polwin stands in front of two Canadian Air Force Airbuses at 8 Wing Trenton, her base of operation since 2010.

Photo: Ross Lees



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The remainder of the crew will consist of a female loadmaster, flight attendants, flight stewards, and traffic technicians on the flight of Joint Command Staff College members to Victoria, B.C.

"It's going to be one for the history books of our squadron," she noted.

Like many other female pilots in the military, she decided to follow in the footsteps of her father early in life. Immediately after graduating high school in Ottawa at the age of 18 in 2000, Capt. Polwin joined the Canadian Armed Forces and headed for Royal Military College (RMC).

She already had her glider's licence and pilot's licence from the Air Cadets in Ottawa, she noted, adding that basically opened the door to thinking about a military career. As she progressed through her arts program, she continued to do pilot training throughout the summers, which gave her a good base as she progressed to Moose Jaw for her military pilot training.

Posted to 8 Wing Trenton and specifically to the Huskies in 2010, Capt. Polwin has spent little time looking back as she forges ahead in her military career. She now has approximately 1,200 hours flying time on the CC-150 and about 2,600 hours in total.

Apart from her first orientation flight in Trenton, Capt. Polwin recalls her first mission flight on the Airbus as an "Air Cadet mission," flying Air Cadets to their summer camps in Greenwood and Newfoundland.

"That was kind of neat to see the little Air Cadets, to see where I had been only a short while ago," she said. "It was neat to be able to give them a service."

While the Airbus is a large aircraft, it is fun to fly for Capt. Polwin.

"It's really cool," she enthuses. "You sometimes forget just how big the plane is. You're just flying along and you're in the cockpit and every once in awhile, you are encouraged to get up and stretch and you go to the back and you see 200 seats and sometimes they're full of people and it's just hard to believe that you're flying up front and you have all these people in the back."

Capt. Polwin says the Polaris is an intuitive aircraft to fly with a lot of redundant and computerized systems.

"If there's a problem, it'll give you a little bing and on the screen it will tell you what the problem is and you just run through the steps it lists to fix it," she noted.

In her three years with Canucks Unlimited, Capt. Polwin has flown to every continent except Africa. She has flown the Prime Minister to Australia for a Commonwealth heads of

government meeting, and she recently flew the Governor General of Canada David Johnston to Peru in October. More recently, she flew to Pope Airfield in North Carolina to fly the Canadian participants of the Joint Operation Access Exercise (JOAX) 13-02.

To this point in her career, she has flown over the equator. Unlike in former times, a pilot flying over the equator for the first time does not get to celebrate as enthusiastically as they once did, according to Capt. Polwin.

"In the cockpit that time, the first time flying myself across the equator, we looked up at the little Lat and Long readout and we're like - '...three, two one - oh, we just crossed the equator,' and we just had a little moment to ourselves in the cockpit. But I've heard that there was a tradition that the pilots flying over the equator would kind of shake the stick a little bit, but that went really badly one time. I heard it was probably 20 years ago and they might have been flying some dignitaries and they had their champagne and the champagne kind of went flying, so we just made sure we had just a little celebration in the cockpit," she laughed.

The flying routine of the 20 to 25 pilots flying at 437 Squadron depends entirely on the demands of the schedule of the squadron, according to Capt. Polwin.

"We have a huge variety of flights - air-to-air refuelling, the VIP flights, troop movements - it completely depends on the needs of the Air Force and the needs of the government at the time," she said. "That will dictate our schedule and who does what."

She explains there are several levels of pilots within the squadron.

"We have the level one First Officers who are brand new out of training and they can only be paired up with certain people," she stated. "They can only do certain missions, they can't do the VIP trips, they might not be qualified in the air-to-air realm, so they kind of get the basic trips."

"Then there's the next stage up that gets more of the other trips and then there's the Majors and up who are the mission commanders for the VIP trips, so it totally depends on the nature of the trip and who's available. It's never the same."

As far as getting to Africa to notch that final continent with 437 Squadron, Capt. Polwin does not think it will happen during this tour with the squadron.

"It's the nature of the business we're in," she explained. "If there's no demand to go to Africa, we hardly ever go there."

She has been to Europe a lot, as well as Germany, Kuwait and Dubai and she is obviously enjoying flying around the world. And why not? It's many young women's dream come true.

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Before you fill out your tax return

Pierre Goulet, CFP, FMA, FCSI
Practice Manager, Financial Planning and Insurance, SISIP Financial Services

Now that the RRSP season is behind us, Canadians turn their attention to the deadline for filing their 2012 income tax return; April 30th 2013. Depending on your situation, here are a number of non-refundable federal tax credits that can help reduce your tax base, minimizing the amount of income tax you are required to pay for the 2012 fiscal year:

Home buyers' tax credit:

- A tax credit, for certain homebuyers who acquire a qualifying home in 2012.
- Calculated by multiplying \$5,000 by 15 per cent, for a maximum credit of \$750.
- You will qualify for the HBTC if:
 - You or your spouse or common-law partner acquired a qualifying home in 2012 and you did not live in another home owned by you or your spouse or common-law partner in the year of acquisition or in any of the four preceding years;
- or
- If you are a person with a disability or acquired the home in 2012 for the benefit of a related person with a disability; the home must be acquired to enable the person with a disability to live in a more accessible dwelling or in an environment better suited to the personal needs and care of that person.

Pension Income Tax Credit:

- Some pension income may qualify for a federal and provincial/territorial pension income tax credit.
- This federal credit is worth \$300. (Calculated by multiplying \$2,000 by 15 per cent)
- Can be transferred to a spouse or common-law partner if it is not fully used by the taxpayer.
- If a taxpayer elects to split up to 50 per cent of

qualified pension income with their spouse or common-law partner; the latter will also be eligible for the pension tax credit, regardless of age.

- At age 65, RRSPs can be converted to RRIFs, or used to purchase an annuity in order to generate qualified pension income which qualifies for the pension tax credit and can also be split.

Spouse or Common-Law Partner Amount:

- If your spouse or common-law partner earned less than \$10,822, follow the calculation on line 303 of your return to see what amount you can claim.
- If you were single, divorced, separated, or widowed you can claim a maximum amount of \$10,822 minus the income for any dependent. This amount is called the "Amount for an eligible dependent" and is found on schedule 5 of your return.

Tax Credit for Public Transit:

- To help cover the cost of passes for buses, streetcars, subways, commuter trains and local ferries.
- Can be claimed by the taxpayer, their spouse or common-law partner, or their children under age 19.
- The pass must display: duration (at least 20 days in a 28 day period), date or period of validity, name of the issuing transit authority/organization, amount paid, identity of the rider (either by name or unique identifier).

Children's Fitness and Arts Tax Credits:

- Available to individuals for registration and membership costs of up to \$500 for both fitness and arts per child who is, under 16 years of age at the beginning of the taxation year, or under 18 for a child with a disability.
- The \$500 arts amount was new in 2011 and is available for prescribed programs of artistic, cultural, recreational, or developmental activities.
- The \$500 amount for prescribed programs of physical activity must contribute to cardio-respiratory endurance of the child and to one or more of the following: muscular strength, muscular endurance, flexibility, and balance.
- Each of these credits is worth a maximum of \$75

per child. (Calculated by multiplying \$500 by 15 per cent)

Tuition and Education Amounts:

- Claim fees paid for post-secondary courses of \$100 or more for each educational institution; the institution must provide you with an official tax receipt or a form T2202A.
- A portion of the education amounts can also be transferred from spouses and children; complete the calculation on the back of your T2202A or schedule 11 in your income tax forms to find out what amount is eligible.

Medical Expenses:

- Claim only the amounts not reimbursed through your medical plan.
- Transferable between spouses.
- Medical expenses may include amounts paid outside of Canada.
- They must be more than 3% of your net income or \$2,109, whichever is less.
- The spouse with the lowest income should be the one claiming all expenses.
- Claim the expenses of all immediate family members including parent, grandparent, brother, uncle, niece, who depended upon you for support during the tax year; the total of these expenses must be more than the lesser of \$2,109 or 3% of the dependent's net income for the year.
- Claim medical expenses paid in any 12-month period ending in 2012 that were not claimed in the previous year.

The above mentioned credits and further explanations can be found in your General Income Tax and Benefit Guide 2012. Note that many of the above may also qualify for provincial non-refundable tax credits but in different amounts. Take the time to read the portions of the guide that apply to your claims and let a SISIP Financial Services (SISIP FS) financial planner assist you; professional advice can really pay off and prevent you from making a costly omission.

This article is for general information purposes only and is the opinion of the writer

Avant de remplir votre déclaration de revenus

Pierre Goulet, CFP, FMA, FCSI, Gestionnaire spécialisé, Planification financière et assurances, Services financiers du RARM

Maintenant que la saison des REER est terminée, les Canadiens se tournent vers leur déclaration de revenus de 2012, avant la date limite du 30 avril 2013. Selon votre situation financière, les crédits d'impôt fédéraux non remboursables ci-dessous vous permettront de réduire votre assiette fiscale, diminuant ainsi le montant d'impôt que vous devr-

ez payer pour l'année financière de 2012 :

Crédit d'impôt pour l'achat d'une première habitation :

- Ce crédit s'applique à ceux qui ont acheté une habitation admissible en 2012.
- Afin de calculer le crédit d'impôt, il faut multiplier 5 000 \$ par 15 %, pour un crédit maximal de 750 \$.
- Vous avez droit au crédit d'impôt si :
 - vous ou votre conjoint ou conjoint de fait avez acheté une habitation admissible en 2012 et si vous n'avez

pas habité, au cours de l'année de l'acquisition ou des quatre années précédentes, dans une autre habitation dont vous ou votre conjoint ou conjoint de fait étiez propriétaire;

ou

- si vous êtes une personne handicapée ou vous avez fait l'acquisition d'une habitation en 2012 au bénéfice d'un parent qui a droit au montant pour

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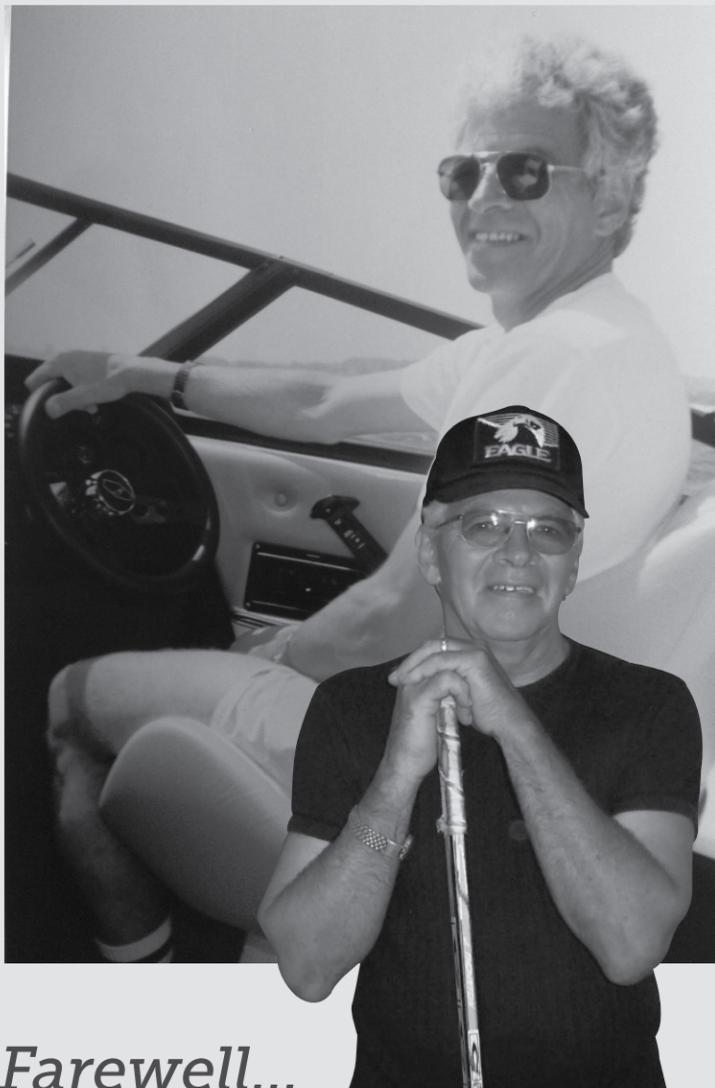
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Read's

Wing Logistics and Engineering Picture of the Week



Farewell...

Mr. James Johnson passed away peacefully on Tuesday, Feb. 12, 2013. He was an integral part of 8 Wing Supply and the DND family and will be greatly missed.

JJ had an exceptional career with the Public Service that spanned over 35 years. His knowledge and willingness to pass on his expertise had made him invaluable to this Wing and DND.

He never tired of talking about his daughters and how proud of them he was; he always had jelly beans available for those who would stop by his office; he always had a smile.

JJ, you will be missed by those who knew you and those of us who had the privilege of working with you throughout the years. 8 Wing and Wing Supply wish to extend our condolences to his family.

As JJ was fond of saying, "It's almost Friday."

Rest in peace JJ.



Ideas for safe computing

Nature never intended the human body to sit in a chair all day with hands pounding a keyboard and eyes staring at a computer screen.

Fatigue, discomfort and injury can be the result of this kind of work. Your body is inactive except for repetitive motions of the hands. Carpal Tunnel Syndrome and other Repetitive Stress Injuries caused or aggravated by computer work can become permanently disabling. Take an ergonomic approach to your computer job. Good posture, workstation layout and work habits can help prevent many of these problems.

Here are some suggestions for safer computing:

- Your keyboard should be placed at the height of your elbows. It should be tilted up slightly to help keep your wrists in a natural position. Your wrist and lower arm should be parallel to the floor. Split level desks with a lower surface for the keyboard are better for computer use than a standard desk.
- Use a cushioned wrist rest to put less strain on your wrists. Don't rest your hands on the keyboard or your wrists on the edge of the desk. Don't bend your hands up at the wrist.
- The computer mouse should be placed so your arm - from your shoulder to your hand - is in a comfortable, relaxed posture. If you have to reach too far or twist and shift your body, the mouse is not in the right place on your work table. Keep a loose grip on the mouse. Use your whole arm to operate the mouse, rather than just moving your hand and wrist. If you use the mouse a lot, in work such as graphic design or computer aided design, use a desk extension for your mousepad so you can rest your entire arm on it.
- Instead of a mouse, consider alternative pointing devices such as a trackball or joystick.

- Type with a soft touch to lessen the impact on your hands.
- Adjust your furniture so you can maintain good posture as you work. Your knees should be at the same level or slightly higher than your hips. Use a footrest if necessary to achieve this position. Your chair should allow you to maintain the natural curves of your spine. If it doesn't have sufficient padding, place a lumbar cushion or a rolled-up towel against your lower back.
- Flex your fingers and wrists before you begin data entry. If you do rapid keyboarding, start slowly to warm up.
- Don't rest a telephone receiver on your shoulder while you are using the computer. This can cause injury to your neck and shoulders. Instead, use a hands-free headset for your phone.
- Take regular breaks from using the keyboard or mouse. You can use this time to do non-repetitive tasks such as telephoning or filing.
- Promptly report any symptoms that could indicate Carpal Tunnel Syndrome or other Repetitive Strain Injuries. Early treatment and revision of your work habits and workstation are important in preventing long-term problems.
- Arrange your work station so you can work efficiently. Frequently used materials and equipment must be placed where you can reach them easily without bending or stretching. Work surfaces should be free of clutter; items used only occasionally should be placed elsewhere.
- Your computer workstation should be free of tripping hazards. Cords should be located away from traffic areas. There should be a storage area for briefcases, handbags and other personal items.

Pay attention to these ergonomic suggestions off the job too. Playing computer games or surfing the Internet at night can also contribute to Repetitive Strain Injuries.

The Contact Newspaper

The CONTACT is an unofficial publication of 8 Wing/CFB Trenton. The CONTACT is a weekly military newspaper that provides accurate and timely coverage of issues and events at and affecting Canada's largest and busiest air base - 8 Wing/CFB Trenton.

We are the primary internal and external communications tool for 8 Wing/CFB Trenton and began publishing in November, 1940. We strive to build awareness, morale and 'esprit de corps' among both the military and civilian communities. It is our privilege to showcase the efforts of the men and women of the Canadian Forces at work.

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Public Affairs, Internal Comms: Capt Steven Dieter

PSP Manager: John Snyder

The Independent (Metroland) Staff

General Manager: Ron Prins 613-475-0255 ext:214

News and Feature Content: Ross Lees 613-392-2811 ext:3976

Advertising Production: Kristen Ryan 905-579-4400 ext:2272

Bookkeeper: Benita Stansel 613-475-0255 ext:202

Circulation: Kathy Morgan 613-475-0255 ext:210

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THE CONTACT produces news and information about 8 Wing/CFB Trenton at home and around the world. We depend on our military community for articles, personal stories and photos.

- Articles should be typed in upper and lower case (Not all caps) and in plain black text. Acronyms should be spelled out on first reference, then abbreviated when referred to thereafter.
- Do not include clip art or graphics within typed pages. Additional graphics/logos may be sent as separate files.

- Articles may be mailed, e-mailed (cfbcontactnewspaper@gmail.com) or delivered in person and must include author's full name, rank, unit and phone number.
- Whenever possible, photos should be included with your article and should contain the name of the person who took the photo and an appropriate caption to go with it. Photos should be saved in either a jpeg format at a high resolution for quality reproduction.
- Articles must be received by Tuesday at noon prior to print date.

Letters to the Editor:

All letters must be signed and the name of the author will be published. Include a phone number for verification. We reserve the right to edit while preserving the main objective of the writer. We cannot guarantee that any particular letter will be printed. E-mail letters to: cfbcontactnewspaper@gmail.com



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February weather summary

More snowfall in February than in January and it was cooler

By MCpl Jim King, 8 Wing Met

Winter returned to the area with landscapes covered in a thick blanket of snow. Overall, February saw more precipitation over the month than January and was cooler as well.

Temperatures in February were very close to their normal. The average maximum temperature was -1.6C and the average minimum temperature was -10.5C. In both measurements, this is a full two and a half degrees cooler than the January averages. The maximum temperature for the month was 5.9C on the 11th and the minimum temperature was -23.2C on the 10th.

For the month, we received 72.7cm of snow which is more than the total snowfall for all of last winter where 66.8cm had fallen. The 72.7cm was the most snowfall for February since 2008. The greatest one day snowfall for the month was on the 8th when we received 30cm of snow. This also established a new record snowfall for that day. The total precipitation for the month was 100.9mm, which almost doubled the normal precipitation of 54mm. The snowfall totals for this winter so far is 127cm, which is just above our normal of 123cm for the December-February timeframe.

In March, we are forecast to have above normal temperatures and below normal precipitation. The normal temperatures are 3.9C for maximum and -5.8C for minimum with 72mm of precipitation for the month.



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suite de la page 3

personnes handicapées; vous devez avoir acheté l'habitation dans le but de permettre à la personne handicapée de vivre dans un logement plus accessible ou dans un milieu mieux adapté à ses besoins et soins personnels.

Crédit d'impôt pour revenu de pension :

- Certains revenus de pension sont admissibles à un crédit d'impôt pour revenu de pension fédéral et provincial ou territorial.
- Le crédit d'impôt fédéral est d'une valeur de 300 \$. (Il est calculé en multipliant 2 000 \$ par 15 %.)
- Un contribuable qui n'utilise pas la totalité de ce crédit d'impôt peut transférer la partie inutilisée à un conjoint ou à un conjoint de fait.
- Si un contribuable touche un revenu admissible au crédit d'impôt pour revenu de pension et qu'il choisit de fractionner jusqu'à 50 % de son revenu avec son conjoint ou son conjoint de fait, celui-ci devient également admissible au crédit d'impôt pour revenu de pension, peu importe son âge.
- À compter de 65 ans, vous pouvez convertir votre régime enregistré d'épargne-retraite en un fonds enregistré de revenu de retraite ou acheter une rente afin de générer un revenu admissible au crédit d'impôt pour revenu de pension et au fractionnement.

Montant pour le conjoint ou le conjoint de fait :

- Si votre conjoint ou conjoint de fait a gagné moins de 10 822 \$ l'an dernier, faites le calcul à la ligne 303 de votre déclaration de revenus afin d'obtenir le montant que vous pouvez déduire.
- Si vous étiez célibataire, divorcé, séparé ou veuf, vous pouvez réclamer le montant maximal de 10 822 \$, moins le revenu de toute personne à charge. Il s'agit du « Montant pour une personne à charge admissible » figurant à l'annexe 5 de votre déclaration.

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- Ce crédit d'impôt s'applique aux coûts d'un laissez-passer d'autobus, de tramway, de métro, de train de banlieue et de traversier local.
- Le contribuable, son conjoint ou son conjoint de fait ou encore leurs enfants de moins de 19 ans peuvent réclamer ce crédit.
- Le laissez-passer doit avoir une durée d'au moins 20 jours dans une période de 28 jours et comporter la date ou la période de validité, le nom de la commission ou de

suite page 12



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Wing Commander's Honours and Awards Ceremony 5 December 2012



Capt. Ken Millard was awarded the Wing Commander's Commendation.

Capt. Millard's outstanding leadership and dedication as the ACSO Lead and Chief Training officer has ensured the ongoing success of 424 (T&R) Sqn and the SAR community. As Search Master, Capt. Millard's superb communication and co-ordination skills were pivotal in bringing a large team of military and civilian resources together to conduct a major search for a light aircraft. He was also instrumental to the success of the TigerEX, which resulted in the upgrade of two new Search Masters for the SAR community. Capt. Millard is commended for his outstanding professionalism and positive reflection on Air Mobility and the RCAF.



Sgt. Nancy Chicoine was awarded the Wing Commander's Commendation.

Sgt. Chicoine is a highly dedicated member of the Canadian Forces who continues to impress those around her with her professionalism, leadership and dedication in support of the 8 Wing mission. Her administrative efforts and timely interactions with key personnel and agencies ensured continued support to 437 (T) Squadron through the temporary hiring of key A310 engineering personnel. She always places the needs of the mission before self and her outstanding performance and professionalism is indicative of a true leader. Sgt. Chicoine is highly deserving of this recognition.



Sgt. Rob Coates was awarded the Wing Commander's Commendation.

Sgt. Coates' exceptional efforts during the planning, organization and execution of the 2012 National SAREX resulted in a training exercise of unprecedented success. He diligently coordinated exceptional scenarios with an increased focus on force generation and expertly led a team of eight SAR Techs. His dedicated efforts to ensure exercise success included exhaustive liaison with numerous military, civilian and government agencies. Additionally, Sgt. Coates handled the immense logistical requirements with precision, professionalism and ease. Despite extremely long, arduous days, his professional demeanour and performance were impeccable. His overwhelming dedication and commitment to the RCAF merit his recognition through this commendation.



Cpl. Melanie Blackburn was awarded the Wing Commander's Commendation.

Cpl. Blackburn's exceptional efforts during the planning and execution phases of the 2012 National SAREX resulted in a training exercise of unprecedented success. She diligently ensured all the administrative details for the exercise were coordinated for over 250 participants and avoided any critical shortfalls by voluntarily working extended hours on numerous occasions. Cpl. Blackburn's duties entailed frequent liaison with hotel and car rental agencies, providing guidance to participating units, booking facilities, ordering equipment, paying invoices, registering participants, and other duties which reduced the workload of the coordinating committee. Her overwhelming dedication to the RCAF merits her recognition through this commendation.

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Mr. Robert Walther was awarded the Wing Commander's Commendation.

For his outstanding service to 8 Wing and the military community, Sensei Walther is presented with the Wing Commander's Commendation. A man of rare integrity and utmost dedication, Robert Walther has been the Chief Instructor of the 8 Wing Martial Arts Club for over 40 years. Throughout decades of teaching traditional martial arts on base, Sensei Walther has been directly responsible for mentoring hundreds of students and for personally overseeing the promotion of well over 65 club members to the rank of Black Belt. An inspirational teacher and guide to so many, Robert Walther is highly deserving of this award.



Mr. Perry Hulan was awarded the Wing Commander's Commendation.

Mr. Perry Hulan is a highly dedicated employee of the Department of National Defence who continues to surpass all expectations with his professionalism and dedication in support of the 8 Wing Mission. His contracting knowledge and expertise ensured continued support to 437 (T) Squadron through the temporary hire of key A310 engineering personnel. Exhibiting outstanding team work and professionalism, he is always willing to meet the requirements of the mission before self. Mr. Perry Hulan is an outstanding example of a dedicated Public Service employee and he is highly deserving of this recognition.

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Upon arrival at CFS Alert, Maj. Baccardax poses with members of 440 Sqn, Lt.-Col. Brophy and Capt. Rockwell, followed up by Lt. Rojas, Lt. Pauvif (FACH) and Sgt. Wiggings.

Photos: Cpl. Jon Melvin



Lt. "Pablo" Rojas and Lt. Pauvif receive a plaque from Maj. Baccardax (Alert CO) on their last day in CFS Alert.

CFS Alert welcomes 440 (T) Sqn and two Chilean pilots in support of Canada/Chile Twin Otter Pilot Exchange Program

By Capt Edward Prado

They travelled from Punta Arenas, Chile to Yellowknife to continue the Twin Otter Exchange Program hosted by 440 (T) Squadron. Lieutenant Milena Pauvif and Lieutenant Pablo Rojas from the 6th Aviation Group (FACH) will experience a week of CC-138 ski operations in Arctic conditions.

This is not the first time Lt. Pauvif has flown with 440 Sqn pilots. The exchange program started in November of 2012 when Lt.-Col. Brophy (440 Sqn CO), with two other pilots from his Sqn, visited Punta Arenas to familiarize Canadian pilots with Antarctic flying conditions.

For Lt. Pauvif, this was her third visit to Canada. She

completed the simulator training for the Twin Otter two years ago in Toronto, and last year she took the Basic Arctic Survival Course in Winnipeg.

Lt. Rojas or "Pablo" was very surprised when Capt. Edward Prado, CFS Alert's Station Logistics Officer, met him at the runway and greeted him in Spanish. Pablo was very surprised that we had fluent Spanish-speaking officers in such an isolated location, which proved invaluable throughout the visit making the Chilean visitors feel more at home.

Maj. Baccardax (CFS Alert CO) briefed the visitors on CFS Alert mission, infrastructure, operations and support constructs, which highlighted many similarities between Antarctic and Arctic living and operations.

The objective of the exchange program is to establish and strengthen institutional ties between the two

Air Forces, thereby providing the framework for the development of professional relationships, capacity building and enhanced interoperability, which was the key factor in pairing two Squadrons that operate Twin Otters.

The relationships formed between the two young Chilean flying Lieutenants and their counterparts in Canada brings an immense sense of accomplishment for everyone here who supported the visit; most of the Station personnel including the Command Team, all of our airfield support personnel, Nasittuq and several others who played a part in hosting and helping our visitors.

For Capt. Prado, he reports that it was a real pleasure to speak in his mother tongue, even if it was only for one weekend.

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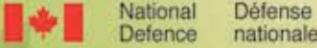
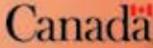
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Burt brothers military artefacts coming home to Trenton

8 Wing Admin clerk plays key role in recovery

By Capt. Steven Dieter,
Wing Heritage Officer

Military artefacts belonging to two Trenton brothers who served during the First World War will be returning to the Quinte West region, thanks to the efforts and initiative of an Admin Clerk, and the

generosity of members of the Wing Admin Branch.

Cpl. Karen Neate saw an article in *The Trentonian* noting that artefacts belonging to Frederick and Gordon Burt were up for auction. After consulting with her chain of command, a fundraising initiative was held during a recent Wing Administration branch function, where the funds to purchase

the items and see them return to Trenton were obtained through donations from various individuals.

The artefacts will reside in the Trenton Legion, alongside artefacts belonging to a third Burt brother, Henry. The collection includes the British War Medal belonging to Frederick, as well as his dog tags and a letter from his Commanding Officer written after

his death (he was killed in May 1917 and is buried in France near Vimy); as well as the dog tags and a copy of the Military Cross citation of Gordon. Gordon served with the 21st Battalion of the Canadian Expeditionary Force, based out of Kingston; copies of the 21st Battalion Association newsletter citing Gordon's military actions are also included in the package.



Bomber Command clasp assistance sought

By Capt. Steven Dieter CD, Associate Air Force Historian

The Air Force Association of Canada and RCAF Association Trust Fund are in receipt of a member-donation the funds for which are intended to help cover actual and reasonable costs incurred by bomber command veterans or friends and family who help bomber command veterans apply for and obtain their Bomber Command Clasp from England.

Members of the national executive council, and association members everywhere, are kindly requested to ensure anyone in need of financial assistance to cover actual and reasonable costs incurred as a consequence of helping a bomber command veteran apply for and obtain the Bomber Command Clasp are invited to submit their receipts and circumstances by letter to the RCAF Association Trust Fund Sec-

retary, at the address below.

The mandate of the RCAF Association Trust Fund is to inform new generations of Canadians about the incredible work done by the men and women who have formed, do form and will form this country's air force. We are proud of each and every one of them, and we are especially proud of our members who help others in every way possible. If there are Wings of the association who plan events or receptions at which the Bomber Command Clasp might be presented to one or more of their members, Wings are encouraged to apply for funding support, to the address below.

Funds are limited, so it will be important for anyone impacted by these circumstances to correspond as soon as possible. This project will terminate Dec. 31, 2013, or when funds are exhausted; whichever comes first.

RCAF Association Trust Fund, Attention: Secretary, PO Box 2460, Station D, Ottawa, ON, K1P 5W6

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Welcome to The Contact newspaper's Community Events page! Thanks to the generosity of Smylie's Independent Grocer, we can, space permitting, feature public service announcements, community events and help promote non-profit and charitable organizations in the Quinte area. The Contact is always interested in what is going on in and around CFB Trenton. Please send your coming events (from blood donor clinics to tea parties) to us at cfbcontactnewspaper@gmail.com. Each event should be typed out in the format of those below. Please do not send posters.

This March, give your grocery cart a makeover!

Healthy eating begins at the grocery store. Put your "Best Food Forward" and start planning your next delicious meal! To help you make healthy choices at the grocery store, Strengthening the Forces is pleased to offer you a feature webpage titled Plan, Shop, Cook, Enjoy! For smart shopping tips, key resources, tasty recipes, and more ...click here! <http://cmp-cpm.forces.mil.ca/health-sante/ps/hpp-pps/nw-mn/nm-mn/>
OPI: Kendra Lafleur, phone:3767

Ce mois de mars, donnez un nouvel air à votre panier d'épicerie!

Manger sainement commence à l'épicerie. Adoptez une « recette gagnante » et commencez à planifier dès maintenant votre prochain repas délicieux! Pour vous aider à faire des choix santé à l'épicerie, l'équipe d'Énergisez les Forces a le plaisir de vous proposer une page web fonctionnalité intitulée Planifiez, achetez, cuisinez, savourez! Pour des conseils d'achat judicieux, des ressources-clés, des recettes savoureuses et bien plus encore... cliquez ici!
<http://cmp-cpm.forces.mil.ca/health-sante/ps/hpp-pps/nw-mn/nm-mn/>
OPI: Kendra Lafleur, phone:3767

27th Annual Surf 'N Turf Relay registration is open

The online registration for the Surf 'n Turf relay is now open. Instructions and information relevant to the relay are posted on the registration site: <https://www.onlineregistrations.ca/surfnurf/>. Please register as soon as possible. Registration site will close at midnight on May 24, 2013
OPI: Capt. Glenn Lodge - Local / Phone: 2123

Inscription pour le 27e Relais "Surf N Turf" Annuel est en Court

L'inscription en ligne pour le Relais «Surf N Turf» est maintenant ouvert. Instructions et informations pertinentes au Relais sont affichés sur le site d'inscription: <https://www.onlineregistrations.ca/surfnurf/>. Veuillez, s'il vous plaît, vous inscrire le plus tôt possible. Le site d'inscription prendra fin à minuit le 24 mai 2013.
OPI: Capt. Glenn Lodge - Local / Phone: 2123

March 21 - Garden Design Presentation

The Trenton Horticultural Society and Garden Club is hosting a Garden Design presentation. Deanna Groves and John Riedl, from The Garden Place in Frankford, will give the presentation. Deanna and John are professionals in garden design and installation. Their presentation will be followed by refreshments. Everyone is invited to attend without charge at Grace United Church, 85 Dundas St. E., Trenton at 7 p.m. For more information, call Joan at 613-392-2572 or email trentonhorticulture@yahoo.ca.

April 1 - Easter Egg Hunt

An Easter Egg Hunt is being held for the Military and their dependents between 1 p.m. and 4 p.m. at an as yet unspecified location. Registration is a must for the Easter Egg hunt, to ensure there is enough goodies for the children. This is an event targeted for children under the age of and including 16. Deadline is March 22. Registering from work: +PMQ Community Council@CFB Trenton . Registering from home; amberandricky@gmail.com . Email the following info:
1. Serving member rank and name.
2. Number of dependants attending.
3. Any allergies.
POC: Amber Ross-Pynch and Cpl. Roberto.

April 22-24 Second Career Assistance Network (SCAN) and Medical Seminar Astra Lounge

Considering retirement? Exploring your options? Unsure about your pension or financial entitlements upon release? The SCAN seminar targets military members with 15 or more years of service who are contemplating a return to civilian life, but is open to all military personnel. Spouses are strongly urged to attend. Seating is limited. Reservations may be made by contacting the WPSO office at WPSO@forces.gc.ca or 613-392-2811 ext. 2497 no later than April 15. Registration begins at 7:30 a.m. appropriate civilian attire.

22-24 avril Colloque du SPSC et Medical, Astra Lounge

Pensez-vous prendre votre retraite bientôt? En êtes vous êtes vous à examiner les options qui s'offrent à vous? Vous ne connaissez pas vraiment vos droits en termes de pension et d'avantages fiscaux après votre retraite? Les colloques du SPSC (Service de préparation à une seconde carrière) sont axés sur les besoins des militaires qui sont au service des FC depuis au moins 15 ans et qui pensent retourner dans le civil, mais c'est disponible our tous les personnelle. On incite vivement les conjoints ont y assister. Le nombre de places est limité; veuillez donc réserver en appelant le bureau de l'OSPW WPSO@forces.gc.ca ou 613-392-2811 x2497 e plus tard le 15 avril 2013. 'inscription commence à 07h30. Tenue civile de circonstance.

April 23 - Long-Term Planning Seminar

Looking forward into the future? Exploring your options? Unsure about pensions,

financial or investment plans, career or education opportunities? LTP Seminars are designed for military personnel with 10 or less years of service who are interested in advance planning or future projections, but are open to all military members. Spouses and partners are strongly encouraged to attend. Seating is limited. Reservations may be made by filling out and returning the LTP registration form found on the WPSO's website no later than April 8 April. Registration begins at 7:45 a.m. on April 23 upstairs in the Games Room of the WO and Sgt's Mess at 8 Wing /CFB Trenton. Capt O'Connell PSO, OPI LTP Seminar, 613-392-2811 ext 7746.

Take a soldier fishing

The 12thn annual Hawk Gibson Provincial Qualifier will be heading to Qunite West on August 24-25. Up to 200 anglers from the Ontario B.A.S.S. Nation wil compete for the opportunity to represent both Ontario and Canada at the Eastern Divisional in 2014. A select number of members from 8 Wing Trenton will be invited to fish with Ontario B.A.S.S. Nation pro anglers on Friday August 23rd. Once approved by their CoC, the member will be placed on a list to be paired with a pro who has volunteered to host a soldier for the day. Interested personnel are to e-mail the OPI to be added to the list, please include teh name, rank and phone number of your immediate supervisors for approval. This is a first come - firt served event, me-mebrs will receive a confirmation e-mail once a spot has become available. Open to all military members of 8 Wing. OPI: Cpl James Keegan Ioc. 3230

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suite de la page 12

- L'organisation de transport émettrice et le montant payé. Il doit aussi identifier l'utilisateur (par son nom ou un élément identificateur unique). Crédits d'impôt pour la condition physique et les activités artistiques des enfants :
- Ces crédits s'appliquent aux frais d'inscription et d'adhésion associés aux activités artistiques et de conditionnement physique s'élevant à 500 \$ par enfant ayant moins de 16 ans au début de l'année d'imposition, ou moins de 18 ans, s'il s'agit d'un enfant handicapé.
 - Le crédit d'impôt de 500 \$ pour les activités artistiques a été introduit en 2011 et s'applique aux activités artistiques, culturelles, récréatives ou d'épanouissement visées par le règlement.
 - Pour donner droit au montant de 500 \$, l'activité physique visée par le règlement doit contribuer à l'endurance cardiorespiratoire de l'enfant, et à un ou plusieurs des objectifs suivants : la force musculaire, l'endurance musculaire, la souplesse et l'équilibre.
 - Chacun de ces crédits d'impôt comporte une valeur maximale de 75 \$ par enfant. (Le calcul se fait en multipliant 500 \$ par 15 %.)

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- Il est possible de réclamer les frais versés pour des cours postsecondaires de 100 \$ ou plus par établissement d'enseignement, à condition d'avoir obtenu de celui-ci un reçu officiel ou le formulaire T2202A.
- Vous pouvez également transférer une partie des frais d'études à votre conjoint et à vos enfants. Il suffit d'effectuer le calcul au verso du T2202A ou de l'annexe 11 des formulaires d'impôt pour connaître le montant admissible.

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- Ces dépenses doivent représenter plus de 3 % de votre revenu net ou 2 109 \$, selon le moindre de ces montants.
- Le conjoint ayant le revenu le moins élevé devrait réclamer toutes les dépenses.
- Vous pouvez réclamer les dépenses de tous les membres de la famille immédiate, incluant les parents, grands-parents, frères, oncles et nièces qui étaient à votre charge pendant l'année financière. Le total de ces dépenses doit être supérieur à 2 109 \$ ou à 3 % du revenu net de la personne à charge pendant l'année, soit, le moindre des deux montants.
- Vous pouvez réclamer les frais médicaux que vous n'avez pas réclamés l'année précédente et que vous avez versés pendant toute période de douze mois antérieure à 2012.

Vous pouvez en lire davantage sur les crédits susmentionnés dans le Guide général d'impôt et de prestations de 2012. Il convient de noter que vous pourriez réclamer un bon nombre des dépenses susmentionnées et recevoir aussi des crédits d'impôt provinciaux non remboursables de différents montants. Veuillez prendre le temps de lire les sections du Guide portant sur les réclamations qui vous touchent et de demander de l'aide auprès d'un planificateur financier des Services financiers du RARM (SF RARM). Il n'y a rien comme les conseils d'un expert pour vous éviter de commettre un oubli coûteux.

Cet article est publié à titre informatif et représente uniquement l'opinion de l'auteur.

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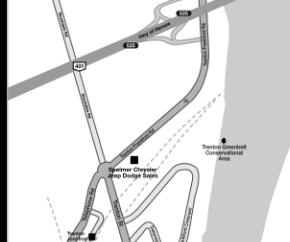
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NEW PATIENTS WELCOME!



Trenton

Military Family Resource Centre

INFORMATION / REGISTRATION / INSCRIPTION 613-965-3575

Welcome to all the newcomers

to 8 Wing/CFB Trenton! This is your centre, come to visit and get your moving-in goodies. Give your opinion and share your ideas. Get involved! Moving to a new community can be a challenge, come for a visit and see what we have to offer.

Bienvenue aux nouveaux arrivants

de la 8e escadre/BFC Trenton! C'est votre Centre, venez visiter et recevoir vos gâteries d'arrivée. Donnez votre opinion et partagez vos idées. Impliquez vous! Emménager dans une nouvelle communauté peut être un défi, venez nous visiter et découvrez ce que nous pouvons vous offrir.

Grace's cooking class is back

Learn and enjoy representative dishes from international cuisines. Mondays until April 22, 6:30 p.m. to 8:30 p.m. Cost: \$25/person/per class or \$225/person (purchase 10 classes before Feb. 10.)

Chinese wok (two weeks) – three easy mak-

ing and delicious stir fry dishes
 Thai food (one) – three popular Thai dishes
 Thai food (two) – three low calorie Thai dishes
 three elegant and frugal Asia style party appetizers
 three elegant and frugal European style party appetizers
 Fusion style comfort food (two weeks)
 Chinese Dim Sum (advanced)(two weeks)
 Please visit our website for a complete description of the classes or ask at the reception, www.FamilyForce.ca

Les cours de cuisine avec Grace

Apprenez des plats représentatifs de la cuisine internationale. Les lundis jusqu'au 22 avril (les classes sont offertes en anglais), de 18h30 à 20h30. Coût : 25,00\$ par classe/par personne ou 225,00\$/par personne (payez pour 10 classes avant le 10 février)
 Wok chinois (deux semaines) – trois plats de sautés faciles et délicieux
 Nourriture Thai (une) – trois mets populaires Thai

Thai food (deux) – trois plats Thai à basses calories
 Trois amuse-gueules de style asiatique, élégants et économiques
 Trois amuse-gueules de style européens, élégants et économiques
 Nourriture style fusion (deux semaines)
 Dim Sum chinois(advanced)(deux semaines)
 S.V.P. visitez notre site web ou la réception pour une description complète des classes, www.forcedelafamille.ca

"Hat Trick" for Youth Summer employment planning;

each spring we seek to offer sessions for Military Youth to assist in their preparation for summer employment. <http://www.familyforce.ca/sites/Trenton/EN/Employment%20Assistance/Pages/Youth-JobSearch.aspx>
 This year, at the MFRC, we are pleased to offer the following:
 Resume Clinic – Get you resume summer ready! Monday March 18th from 4-5:30 pm
 *registration required

Summer Employment for Youth Registration; join Employment Ontario Service Providers and Youth Hab to register for their funded programs. Drop in Monday March 25th from 4-5:30 pm. Bring copies of your resume!
 For *registration required – simply call Liz at 613-392-2811 ext.3852 or email elizabeth.nicholas@forces.gc.ca.

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A dramatic sloping ceiling in the great room adds a touch of drama to this two-storey, three-bedroom family home.
 Entry is up a couple of steps and across an L-shaped veranda into a spacious foyer with a coat closet on the left. Directly ahead, through an archway, is the great room. The fireplace will make this room attractive during the cooler months, and for al fresco meals and entertaining during the summer, sliding doors open onto a terrace overlooking the back garden.
 Open to the great room are the dining room and kitchen. The dining room also enjoys access to the terrace, and the U-shaped kitchen boasts a large prep island. A walk-through pantry leads to the laundry room, which can double as a mud room, thanks to the handy coat cupboard and access from the two-car garage.

A powder room is conveniently located near both the foyer and laundry room.
 Upstairs, the master suite overlooks the back garden for privacy. A walk-in closet will provide lots of space for clothing, and there's a linen closet adjacent to it. The four-piece ensuite includes a shower as well as a soaker tub.
 The second and third bedrooms, separated by a three-piece bathroom, have their own linen storage.
 The exterior is clad in wooden shingles, and accents include painted trim and pilasters with stone bases. Partly mullioned windows complete the look of casual comfort.
 The home measures 38 feet wide and 50 feet deep, for a total of 1,825 square feet of living space. Plans include an unfinished basement.

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FRASER, RICHARD "Rick" Alfred, suddenly at his home in Brighton on Saturday, March 9th, 2013, age 53 years. Richard Fraser of Brighton, son of Richard Fraser and his wife Diana of Plevna, and the late Florence (Christianson). Sadly missed by his daughters Carley Fraser and Julia Fraser, both of Trenton, and their mother, Jennifer Fraser. Brother of Sharon and her husband Chris Billings of Kemptville. Rick will also be missed by his many aunts, uncles, nieces, nephews, and friends. The family will receive friends at the Walas Funeral Home, 130 Main Street, Brighton on Wednesday from 2 - 4 and 7 - 9 p.m. Service in the funeral home on Thursday, March 14th, 2013 at 2 o'clock. Cremation with interment in Plevna. As an expression of sympathy, donations to the Heart and Stroke Foundation would be appreciated by the family.
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If you are interested in pursuing a career in the financial services industry with a dedicated, enthusiastic team of professionals in a growing organization, please forward your resume quoting file "12-P-43" outlining experience, qualifications and salary expectations by Friday, March 22 2013 to:

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For more information about Kawartha Credit Union, please visit our website at www.kawarthacu.com

Contact Look for us online!
thecontactnewspaper.cfbtrenton.com

Sports & Recreation

RecPlex Pools

Due to on-going maintenance issues, both pools will remain closed until sometime in April. Call ext 3361 for an update or check us out on Facebook.com/ trenton.recplex.

Fitness Programs

- NEW - Vinyasa Flow Yoga - Thursdays, Feb. 21 to April 18, 4:45 to 5:45 p.m. at the South Side Gym.
- NEW - Restorative Hatha Yoga - Thursdays, Feb. 21 to April 18, 7:05 to 8:05 p.m. at the South Side Gym.
- NEW - Gentle Hatha Yoga - Mondays, Feb. 25 to April 22, 9:30 to 10:15 a.m. at the RecPlex Gym.
- Zumba (60 minutes) - Wednesdays, March 27 to May 15, 5:30 to 6:30 p.m. at the South Side Gym with Jen.
- Tai Chi - Tuesdays, Mar. 26. to May 14., 5:15 to 6:15 p.m. at the South Side Gym.
- Boot Camp Fitness (60 minutes) - Mondays, Mar. 25 to May 27, 5 to 6 p.m.
- Total Balance (60 minutes) - Mondays, Mar 25 to May 27., 6:15 to 7:15 p.m.
- NEW - Move in Health-Yoga Workshops with Nancy - Thursday, April 25, Thursday, May 30, Thursday, June 27., 6:30 to 8:30 p.m. at the South Side Gym
- Learn to Run - Saturdays, April 6 to May 25, 9:30 to 10:15

Fitness Programs

- Children, Youth and Teens programs
- Video Dance, Friday, May 3, 7 to 10 p.m.
- Grades 7 to 8 are welcomed
- Triathlon Training for Youth 10-13 years - Wednesdays, April 10 to May 29, 4:45 to 6:15 p.m.
- Triathlon Training for Youth 6-9 years - Fridays, April 12 to May 31, 4:45 to 6 p.m.
- NEW - Triathlon Training for Youth 14-17 years - Mondays, April 8 to June 3, 4:45 to 6:30 p.m.

- NEW - Movement and Dance - Thursdays, Feb 21. to April 18, ages six to eight years, 5:55 to 6:25 p.m. and ages nine to 12 years., 6:25 to 6:55 p.m. at the South Side Gym.
- Family Skating - Saturdays and Sundays, Jan. 5 to Mar. 31, 1 to 3 p.m.
- Shinny Hockey - Tyke/Novice - Tuesdays, 4 to 5 p.m.; Atom - Fridays, 6 to 7 p.m.; PeeWee - Wednesdays, 4 to 5 p.m.; Bantam/Midget - Fridays, 7 to 8 p.m.

Baker Island Community Centre

The Community Centre is located on Baker Island overlooking the beautiful Bay of Quinte. The centre is available at no cost for military operational requirements, unit parties, and

unit family days and it's also available for rent for weddings, family parties and corporate events. For information on rental costs and other information, please go to: www.cfcommunitygateway.com/trenton or BakerIslandCC@forces.gc.ca

RecPlex Hours of Operation

Monday to Friday from 8 a.m. to 8:30 p.m., Saturday from 12:30 p.m. to 8 p.m., Sunday and holidays from 12:30 p.m. to 4:30 p.m. Counter service available at the RecPlex. For program registration and membership sales and service, Monday to Friday from 1 p.m. to 8:30 p.m., Saturday from 12:30 p.m. to 8 p.m., Sunday and holidays from 12:30 p.m. to 4:30 p.m.

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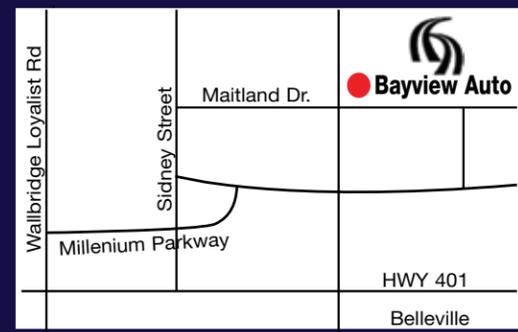
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